



Centers for Disease Control (CDC) SWAT project

**(Swift Worksite Assessment and
Translation)**

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Background

SWAT project (Swift Worksite Assessment & Translation)

- CDC/RTI
- Purpose of Initiative
- How we were chosen



Background

Site Visit

- Middle ground evaluation
- Workforce Demographics
- Environmental Assessment
- Key Interviews





Recommendations

Goals: Program goals are clearly stated.

However,

- When were goals last reviewed?
- Dialogue with managers, staff, and employees to ensure relevance.



Recommendations

Components: Strong fitness, nutrition, and weight control components. However,



- Can referral and follow up system between medical, Dietitian and fitness be improved?



Recommendations

Reach and Participation: Increase wellness participation.

- Are there offerings/incentives/strategies that appeal to workforce which is primarily middle-aged men in engineering and technical jobs?

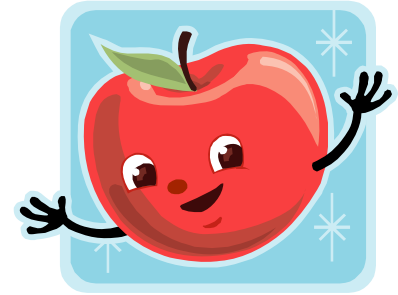


- Consider further surveying to gather input from employees.



Recommendations

Employee Supports:



Consider making a sustained effort to increase variety of healthy food and beverage choices.



Recommendations

Policy Supports:



- Healthy Food-at-Meetings Policy
- Policies to provide special incentives or recognition for walking, biking to work



Recommendations

Community Supports:

- Link employees and families to wellness activities in their own communities (displaying and distributing maps, brochures).
- Encourage use of resources and events in leisure time (Ys, health clubs, parks, walking/bicycling trails)



Recommendations

Program Tracking and Evaluation:

- Consider, height and weight to calculate BMI
- Use consistent procedures/standards



Recommendations

Use of Evaluation Data:

- Gain insight on impact of programs
- Share summary data with
 - Participants
 - Staff
 - Management
- Make decisions about current and new initiatives





Participation Benefits

- Technical Assistance
- Documents on OHP Website
 - HP program planning
 - Properly designing surveys
 - Healthy food and beverage standards for vending machines
- Group Conference Calls/Webinars



Bottom Line

- Renewed Energy
- Additional Support
- Acknowledgment





Questions

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